

FORTWHYTE ALIVE – FALL 2019

# PROGRAM GUIDE

EXPLORE.  
LEARN.  
*connect.*

- + SUNSET GOOSE FLIGHTS
- + FRIGHTENING FIVER
- + MEET, MAKE, TAKE



**FortWhyte Alive**  
HUMAN. NATURE.



# PROGRAMS & EVENTS

*Explore, learn, and connect this fall. We hope you experience our passion for the outdoors and become inspired to create the change we all want to see — a healthy planet and a vibrant, sustainable community.*

◆ *Registration required*

## HOW TO REGISTER

Save your spot for FortWhyte Alive programs and events at [fortwhyte.org/events](http://fortwhyte.org/events) or call (204) 989-8355 x 311

## OUR HOURS

**Monday–Friday:** 9 am–5 pm  
**Saturday–Sunday:** 10 am–5 pm  
**Holidays:** 10 am–5 pm

*Trail gates are locked half an hour before closing*

## SEASONAL RENTALS

- Nordic Walking Poles: \$3 \*
- Binoculars: \$3 \*
- Family Adventure Bags: \$5 \*
- Little Wagons: \$5/hr, \$10/day
- Fishing Equipment: \$10/day, \$5/day for each additional rod

\* Free rentals for Members  
*Members receive a variety of discounts on all other rentals.*

## STAY IN TOUCH!

Never miss another great event. Sign up for our newsletter at [fortwhyte.org](http://fortwhyte.org) or connect with us on social media.

   @FORTWHYTEALIVE

STARTING IN

## September

### SOUND SAFARI

Explore our trails, close your eyes, and take in the sounds surrounding you. Use our guide to identify sounds of the natural world. This child-led activity promotes outdoor exploration, and connecting sounds and sights of nature together.

**Sunday, September 1 & 22,  
Sunday, October 20 & Saturday,  
October 26 and Monday,  
November 11 • All Day**

Included with general admission,  
Free for FWA members

### STORYTELLING BY THE FIRE

Gather in community around a roaring fire. Listen to some of our favourite tales around an outdoor fire from a volunteer storyteller. After, roast a marshmallow and share some stories of your own.

**Sunday, September 1, 15 & 29,  
October 13 & 27 and November 10  
& 24 • 1–2:30 pm**

Included with general admission,  
Free for FWA members

### GIANT GAMES

FortWhyte interpreters will be out on the lawn with giant jenga, ladder ball and other backyard classics. This is a great opportunity to relax and enjoy spending time in nature with friends and family.

**Monday, September 2 and  
October 14 • 1–3 pm**

Included with general admission,  
Free for FWA members

### FINAL VOYAGEUR CANOE RIDE

Help us say farewell to summer, voyageur style! Enjoy games, canoe rides and fire roasted treats. Get a taste of what it was like to be a team of voyageurs on an adventure. Afterwards, hit up the firepit to roast some bannock or get competitive with giant lawn games to keep the fun going.

**Monday, September 2 • 1–3 pm**

Included with general admission,  
Free for FWA members  
*\*Canoe ride may be cancelled depending on weather conditions*

### THE MARKET

At FortWhyte Farms, we grow food with heart — and with our environment and community in mind. Visit The Market to shop seasonal produce, farm fresh eggs, ready-to-go meals, baking, honey and more. Your purchases support an essential social enterprise providing first jobs for youth.

**Every Sunday & Tuesday until  
October 8 • 12–5 pm**

Admission fee is waived to visit The Market at FortWhyte Farms

### RESTRICTED FISHING SEASON BEGINS

FortWhyte Alive is just the spot for your favorite catch of the season. Fishing is restricted to Lake Cargill starting September 3 out of respect for migrating waterfowl. Lake Cargill is stocked with perch, which are a great catch for first time anglers!

**Starting September 3 until ice fishing season begins • All Day**

\$3/person, plus admission & rental rates. Fishing fee waived for FWA members. Gear rentals available.

### A PRAIRIE LEGACY ◆

This signature tour combines our popular Bison Safari experience with the sights, sounds, smells and tastes of our shared prairie history, leaving you with a one-of-a-kind experience you won't soon forget.

**Wednesday, September 4 & 18 • 12:30–3:30 pm**

\$45/person

### BIRDING AND BREAKFAST ◆

Join our experienced birding guides for a sunrise hike for beginners and experts alike. Afterwards, compare checklists over a light continental breakfast in the Buffalo Stone Café.

**September 4 • 7–9 am &  
September 11 • 7:30–9:30 am**

\$19/person or \$10/person for birding only. For FWA members: \$15/person, or \$8/person for birding only

### BISON SAFARI ◆

Venture inside FortWhyte Alive's bison prairie for an up-close encounter you've got to see to believe.

**Thursdays in September • 1:30 pm**

\$18/adults, \$15/FWA members, \$10/child under 12

### FAMILY ORIENTEERING ADVENTURE

Grab an orienteering sheet and try your hand at navigating our course using landmarks. Complete the course and figure out the secret phrase to win a prize!

**September 7, October 12,  
November 9, 17 & 30 • All Day**

Included with general admission,  
Free for FWA members

### GUIDED INTERPRETIVE WALK

Explore FortWhyte with an interpreter to learn a little more about common flora and fauna, the history of FortWhyte, and how it all connects to sustainable living. Each walk features different trails and stories.

**Sunday, September 8, October 13 and November 10 • 1–2 pm**

Included with general admission, Free for FWA members

### HARVEST SUPPER

We welcome you to join us at the 6th Annual Harvest Supper at FortWhyte Farms. An evening featuring farm fresh food, live music, bonfires and agrarian charm. All proceeds from the supper support youth engaged in healthy food programming and employment training at FortWhyte Farms.

**Thursday, September 12 • 5:30 pm**

\$125/person. Get your tickets at [fortwhyte.org/harvestsupper](http://fortwhyte.org/harvestsupper)

### FIT 4 TWO: FITNESS BABYWEARING HIKE

A baby-friendly cardiovascular, strength and flexibility workout through the trails and lakes of scenic FortWhyte Alive, all with baby in a carrier. Meet other moms in your community and get some fresh air. Bring a soft structured carrier to wear your baby, and a yoga mat.

**Thursdays, September 12–October 17 • 10–11 am**

\$95 • \$90 for FWA members  
\$18/1 session • \$16/1 session for FWA members

### FAMILY FOREST IMMERSION

Engage your family in an immersive, inquiry-based outdoor experience and explore forest, prairie, and wetlands with a FortWhyte Naturalist guiding you along the way.

**Saturdays, September 14–October 19 • 10:30 am–12:30 pm**

\$45/child • \$35/parent or guardian  
*Children must be accompanied by an adult for the duration of the program*

### GUIDED DIPNETTING

Head to the boardwalk trail to find all kinds of critters in the marsh and try to identify what you have found.

**Saturday, September 14 and Sunday, September 29 • 1–3 pm**

Included with general admission, Free for FWA members

### SUNSET GOOSE FLIGHTS

Reconnect with nature and watch the sky come to life as thousands of geese land after sunset in this breathtaking autumn ritual. Learn about the great migration, gather around a toasty bonfire to roast bannock, make s'mores — or grab a bite at the concession paired with a beer or a glass of wine.

**Wednesdays–Sundays from September 18 to October 20**

\$7 cash per person, \$30 cash per carload. Pay at the gate after 5 pm.

### GOOSE FLIGHT FEASTS

Enjoy lakeside views of the setting sun and thousands of migrating geese, complemented by a three-course dinner artfully prepared by the Buffalo Stone Café.

**Wednesdays–Sundays from September 18 to October 20 • 5:30 pm, 6:15 pm & 7 pm**

\$55.50/adult, \$32.71/child under 12 (Includes PST, GST and gratuity)



### HATCHET THROWING

Hatchet throwing is an undeniably fun and unique way to spend time with friends or family. No experience necessary — we'll have you throwing like a pro in no time.

**Saturday, September 21 and October 26 • 1–3 pm**

Included with general admission, Free for FWA members

### SCAVENGER HUNT

Explore the fascinating natural world with the help of a scavenger hunt to see how many wonders you can find.

**Saturday, September 21, October 19, November 2, 16, 23 and Sunday, November 24 • All Day**

Included with general admission, Free for FWA members

### MINI-CHEFS

Spend an afternoon in the kitchen at FortWhyte Farms learning how to make pasta primavera from scratch using farm-fresh harvested ingredients. Learn, cook, explore, taste — and enjoy a pasta lunch to cap off the day.

**Sunday, September 22 • 10 am–12:30 pm**

\$35/1 child & 1 adult • \$30/1 child & 1 adult for FWA members

### WILD CHILD

Designed for you and your child to connect with nature, this four-week session is infused with nature, fun, and outdoor inspired adventure.

**Tuesdays, September 24–October 15 • 10–11:30 am**

\$80/4 sessions • \$60/4 sessions for FWA members

### FALL FAMILY PHOTOS

*Suzan Kiernicki Photography* will be on site to take photos of you and yours in our vibrant and colourful fall forest. Spend some time between the trees and experience how gorgeous a FortWhyte fall day can be.

**Saturday, September 28 • 11 am–3 pm**

\$20/family or couple • \$15/family or couple for FWA members

*Paid admission to FortWhyte Alive still applies, and is not included in this registration.*

### WATER CONSERVATION DAY

Join us to take part in family-friendly activities to help you conserve water and reduce water pollution.

**Sunday, September 29 • 1–3 pm**

Included with general admission, Free for FWA members



### ECO-CRAFTS

Join us to create sustainable crafts from natural, reused and recycled materials.

**Sunday, September 29, Saturday October 5 & October 26 • 1–3 pm**

Included with general admission, Free for FWA members

## STARTING IN October

### NATURAL HEALTHY SHORELINES

Learn how native plants are essential to healthy land and water. Head outside to help build a natural, biodegradable erosion shield along our lakeshore, and to plant willows which hold it all together!

**Saturday, October 5 • 10 am–3 pm**

Admission fee is waived for participants

### GOOSE FLIGHT PHOTO WORKSHOP

Learn the basics of capturing great wildlife images with the pros from *Walter Potrebka Photography*. This exploratory, hands-on workshop is designed for you to learn the basics of exposure, composition and focus, among other topics.

**Monday, October 7 • 5:30–8 pm**

\$50 • \$40 for FWA members

### TRUCK LOAD BIRD SEED SALE AT THE NATURE SHOP

A Thanksgiving weekend favourite. Black oil seed, wild bird seed, peanuts and suet will be available at our best prices of the season at the Nature Shop.

**Saturday, October 12–Monday, October 14 • 10 am–5 pm**

10% off your seed & suet purchase • 20% off your seed & suet purchase for FWA members • 15% off bird feeders

**OPEN FIRE BREWING ♦**

Craft two unique beers featuring locally grown ingredients, with our resident beermaster, Barret Miller in our cozy cabin in the woods. No experience necessary.

**Saturday, October 12 • 1–4 pm**  
\$40 • \$35 for FWA members

**INTRODUCTION TO BEEKEEPING ♦**

Join FortWhyte beekeeper Derek Micholson for this hands-on workshop to learn about basic honey bee biology, beekeeping equipment, seasonal beekeeper responsibilities, and honey harvesting.

**Saturday, October 12 • 12–3 pm**  
\$35 • \$30 for FWA members

**THE STORY OF WINNIPEG'S CANADA GEESE**

Find out how wildlife management decisions brought this subspecies back from close to disappearance in the 1940's, to their now abundant numbers. Ken Cudmore, Site Manager at FortWhyte Alive for 35 years, will share his experiences and perspectives.

**Saturday, October 12 • 1–3 pm**  
Included with general admission, Free for FWA members



**FRIGHTENING FIVER ♦**

Join us for a 5/10k run through the woods of FortWhyte by night, guided by nothing but sheer terror (and a headlamp!) Survive this spooky sprint and be rewarded with free smokies and s'mores by a bonfire. Cash bar. Costumes are encouraged!

**Thursday, October 24 • 7 pm**  
5K: Early Bird Price \$35, Regular Price \$45 • 10K: Early Bird Price \$45, Regular Price \$55

**HOWLING HALLOWEEN FAMILY FEST**

Stop by FortWhyte for some halloween themed fun. Explore and learn about owls, birds, bats, trees, animals that howl, and visit our spooky sod house.

**Sunday, October 27 • 1–3 pm**  
Included with general admission, Free for FWA members

**STARTING IN November**

**CHEESE MAKING WORKSHOP ♦**

Our facilitator will guide you through the process of making mozzarella and ricotta cheese, sharing recipes and tips to leave you feeling confident to craft your own cheese at home.

**Saturday, November 2 • 1–4 pm**  
\$40 • \$35 for FWA Members

**TOASTY TREK**

Explore the trails and boardwalks of FortWhyte by foot or by bike. Follow up your adventure with some toasted marshmallows around a roaring fire.

**Sunday, November 3 • 1–3 pm**  
Included with general admission, Free for FWA members

**GAUNTLET GLOVE MAKING WORKSHOP ♦**

Stacy from *Amber's Leather Creations* will guide you through the step-by-step process of creating your own beautiful pair of gauntlets. You will design and learn to make your own unique pair, including full instruction of sewing and beading techniques.

**Tuesdays, November 5 to December 3 • 6:30–9 pm**  
\$170 • \$160 for FWA members

**MOONLIT MELODIES ♦**

Taking place on the shores of Lake Cargill at our beautiful and intimate cabin in the woods, join us for an acoustic unplugged concert under the light of the moon complete with fireside drinks and marshmallows.

**Thursday, November 14 • 8–11 pm**  
\$20 • \$15 for FWA members



**BANNOCK ROAST AND GAMES**

Join us in playing voyageur games with FortWhyte volunteers, and enjoy roasting bannock over the fire to cap off your adventure. Bannock available while supplies last.

**Saturday, November 16 • 1–3 pm**  
Included with general admission, Free for FWA members

**SANTA IN THE FOREST ♦**

Santa will make three special appearances at FortWhyte Alive this holiday season!

*Suzan Kiernicki Photography & Heather Woods Photography* will be on hand to take a winter portrait of your family in the forest. Sit and chat for a minute or two and let your little one share their wishlist with our old friend, Mr. Claus. Time slots available every 15 minutes.

**Saturday, November 23, Sunday November 24 and Sunday, December 1 • 11 am–3 pm**

\$20/family • \$15/family for FWA members  
Tickets go on sale November 4 at 9 am for FWA members and November 5 at 12 pm for general tickets.  
*Paid admission to FortWhyte Alive is not included in this registration.*

**MEET, MAKE, TAKE ♦**

Join us for our fourth annual after-hours night of making using natural and recycled materials.

Create some seriously crafty holiday goods, and get some shopping done at the Nature Shop — they'll be keeping their doors open late for special discounts and prize draws.

**Wednesday, November 27 • 7 pm**  
\$30 • \$25 for FWA members

**WEEKLY ACTIVITIES**

**ALIVE IN THE WOODS**

A line-up of inspired exploration to allow you connect, learn, and explore our intrinsic connection with the natural world. Take part in various nature inspired activities, crafts, games, and exploration. Suggested for ages 5+.

**Every Saturday • 1–3 pm**

Included with general admission, Free for FWA members

**SOD HOUSE PIONEERS**

Take a step into our sod house and learn about our prairie past. Pioneers will show you what the daily life was all about. A fun and interactive opportunity to learn more about Manitoba's history.

**Every Sunday • 12–4 pm**

Included with general admission, Free for FWA members

**HOLIDAY SHOPPING EVENT**

Why do so many guests return year after year to the Nature Shop to satisfy all of their gift-giving needs? Because we offer an unparalleled relaxing and personalized gift buying experience, in a magical setting.

During this festive pop-up we spread our cozy feels around our whole building to give you space to relax and enjoy perusing our selection of the best local makers and curated, nature-inspired gifts. The music is light, the treats are sweet and the warm atmosphere can't be beat.

**Saturday, November 30 & Sunday, December 1 • 10 am–5 pm**

10% off • 15% off for FWA members  
Excludes sale and consignment merchandise.

**WINTER WREATH WORKSHOP ♦**

Join our friends from *Verde Plant Design* in crafting your own beautiful winter wreath with guidance from the experts. All materials supplied.

**Saturday, November 30 • 1-3 pm**  
\$90 • 85 for FWA members